

Factors influencing knowledge of postpartum mothers about baby blues in desmawati clinic Pancur Batu district, district Deli Serdang year 2020

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ABSTRACT

Birth occurs naturally, draining the mother's energy and emotions. This is very tiring which affects the psychology of postpartum mothers. Baby Blues or new mother syndrome which is a mild emotional disturbance that appears in the first week after giving birth with symptoms such as anxiety, irritability, sleep disturbances and appetite. More than 80% of postpartum mothers experience baby blues, especially primiparous mothers, around 83%. If this is left unchecked, it will have a negative impact on the mother and the bab. This type of research is analytic descriptive with a cross sectional study approach. The population was all postpartum mothers who were breastfeeding as many as 35 postpartum mothers at the Desmawati Clinic Jln Pipa No.3, Lama Village, Pancur Batu District, Deli Serdang Regency, North Sumatra Province. This research uses total sampling. The total sampling technique, namely sampling, was carried out by taking all respondents from postpartum mothers. The number of samples used was 35 people. Data analysis technique using chi square. The results obtained in this study were based on the knowledge of postpartum mothers about baby blues based on age, using the Chi-Square Test showing Asymp. Sig. 0.152 <0.05) So the conclusion is H0 is accepted which means there is no significant relationship between age and knowledge of postpartum mothers about baby blues, based on parity, indicating Asymp. Sig. 0.192 <0.05) So the conclusion is H0 is accepted, which means there is no significant relationship between parity and postpartum mothers' knowledge about baby blues at the Desmawati Clinic in 2020, based on education showing Asymp. Sig. 0.001 <0.05) So the conclusion is H0 is accepted which means there is no significant correlation between education and postpartum mothers' knowledge about baby blues at Desmawati Clinic in 2020
Conclusion: There is no significant correlation between age, parity and education with the knowledge of postpartum mothers regarding knowledge of baby blues at the Desmawati Clinic in 2020

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INTRODUCTION

Birth occurs naturally. The birth process is an important and noble event, with events full of tension that are very tiring, draining, and emotional for the mother. This fatigue can last for several days postpartum. (Maryunani, 2009). Recovering the physical condition after giving birth and caring for the baby are part of the challenges that must be faced by a mother. These challenges require proper handling and solutions to handle them (Reiss, 2018).

Fatigue after giving birth is normal, but the inability to overcome fatigue depends on its duration and severity. Fatigue is related to depression which affects the physical and psychological aspects of every mother's life. Psychological disorders after childbirth are classified as blues, postpartum depression and puerperal psychosis. This postpartum psychological disorder is one of several broad areas of maternity health (Henderson, 2015).

Research abroad regarding baby blues is a fairly high incidence rate, which is around 26-85%. In western countries, postpartum baby blues experienced by a mother is approximately 15-20%, both for the first time giving birth and for the next. In the United States, 10-20% of new mothers experience baby blues. In 2015 in Malaysia the incidence of baby blues was 3.9%, while in Singapore the incidence of baby blues was only 1%. In Indonesia, it was originally thought that the incidence of baby blues was lower than in other countries considering one of the more patient personalities of the Indonesian nation. However, from several studies that have been conducted in various places in 2013-2018, including in Jakarta, Yogyakarta and Surabaya, 11-30% of mothers have experienced baby blues. an amount that is not small and impossible to ignore considering the various negative impacts that accompany the mother and baby. The negative impact on the mother is reduced interest and interest in the baby, does not respond positively (warmly welcoming the communication made by the baby, both through crying sounds, gazes, and gestures) so that the baby will be harder to attract the attention of the mother, unable to optimally care for the baby because they feel helpless so they avoid responsibility. While the negative impact on babies is growing into children who cry easily, tend to be fussy, and get sick easily (Elvira, 2016). does not respond positively (warmly welcomes the communication made by the baby, both through crying sounds, eye glances, and body movements) so that the baby will work harder to attract the attention of the mother, unable to care for the baby optimally because he feels helpless so he avoids responsibility answer. While the negative impact on babies is growing into children who cry easily, tend to be fussy, and get sick easily (Elvira, 2016). does not respond positively (warmly welcomes the communication made by the baby, both through crying sounds, eye glances, and body movements) so that the baby will work harder to attract the attention of the mother, unable to care for the baby optimally because he feels helpless so he avoids responsibility answer. While the negative impact on babies is growing into children who cry easily, tend to be fussy, and get sick easily (Elvira, 2016).

Becoming a mother means accepting a new identity that makes biological, psychological and social adjustments in your lifestyle if you want to be a good mother. The mother will play the role of a housewife, even though she previously received quite a good education and professional experience. Usually mothers will suffer greatly and shake their souls when they have to give up office work to other people who are considered incapable (Hurlock, 1999). According to data obtained from statistical agencies, that more than 80% of postpartum mothers experience baby blues. This baby blues syndrome occurs from the first day after delivery and tends to get worse on the third to fifth day within 2 weeks after the mother gives birth. It is characterized by symptoms such as sadness, crying, irritability, anxiety, self-blame, and appetite disturbances. A mother who experiences baby blues will usually recur in her next pregnancy, the incidence rate is around 25% (Reiss, 2018).

Baby blues are more often experienced by primiparous mothers 83% compared to multiparas. Baby blues can recover without treatment, but if the symptoms of baby blues get worse, further treatment is needed (Maryunani, 2009). There is no definite analysis of the causes of

these baby blues, the sensitivity of the mother to hormonal changes is considered only a part of the triggering factor. Another factor, because the mother must be able to adjust to her new role as a happy and confident mother in caring for her baby (Nolan, 2013).

RESEARCH METHOD

This type of research is analytic descriptive research which describes the relationship between variables in a situation or group of subjects. In this study the relationship of the variables tested are the Factors Influencing Mothers' Knowledge of Baby Blues at the Desmawati Clinic in 2020. The research design is a study design. cross-sectional study, namely an approach that is momentary at a time and is not followed continuously within a certain period of time. The population was all postpartum mothers who were breastfeeding as many as 35 postpartum mothers at the Desmawati Clinic Jln Pipa No.3, Lama Village, Pancur Batu District, Deli Serdang Regency, North Sumatra Province. This research uses total sampling. The total sampling technique, namely sampling, was carried out by taking all respondents from postpartum mothers. The number of samples used was 35 people. Data analysis technique using chi square.

RESULTS AND DISCUSSIONS

Factors Affecting Knowledge of Postpartum Mothers About Baby Blues Based on Age at Desmawati Clinic in 2020

Table 1. Factors Affecting Knowledge of Postpartum Mothers About Baby Blues Based on Age at Desmawati Clinic in 2020

No	Age	Knowledge			Total
		Good	Enough	Not enough	
1	18 - 23	3	1	3	7
2	24 - 29	1	4	14	19
3	> 29	1	3	5	9
Total		5	8	22	35

Chi-Square Tests			
	Value	df	asympt. Sig. (2-sided)
Pearson Chi-Square	6.707a	4	,152
Likelihood Ratio	5,675	4	,225
Linear-by-Linear Association	1,047	1	,306
N of Valid Cases		35	

* Chi - Square Test. 0.05 level of significance

Based on the table above, it can be seen that the results of the analysis in research using the Chi-Square Test show *asympt. Sig.* 0.152 < 0.05) So the conclusion is H0 is accepted which means there is no significant relationship between age and knowledge of postpartum mothers about baby blues at the Desmawati Clinic in 2020

Factors Affecting Knowledge of Postpartum Mothers About Baby Blues Based on Parity at Desmawati Clinic in 2020

Table 2. Factors Affecting Knowledge of Postpartum Mothers About Baby Blues Based on Parity at Desmawati Clinic in 2020

No	Parity	Knowledge			Total
		Good	Enough	Not enough	
1	Primipara	2	2	8	12

2	Scundipara	3	1	7	11
3	Multipara	0	5	7	12
	Total	5	8	22	35

Chi-Square Tests

	Value	df	asymp. Sig. (2-sided)
Pearson Chi-Square	6,099a	4	,192
Likelihood Ratio	7,462	4	,113
Linear-by-Linear Association	.076	1	,783
N of Valid Cases	35		

* Chi - Square Test. 0.05 level of significance

Based on the table above, it can be seen that the results of the analysis in research using the Chi-Square Test show *asympt. Sig.* 0.192 < 0.05) So the conclusion is H₀ is accepted which means there is no significant relationship between parity and postpartum mothers' knowledge about baby blues at Desmawati Clinic in 2020

Factors Affecting Knowledge of Postpartum Mothers About Baby Blues Based on Education at Desmawati Clinic in 2020

Table 3. Factors Affecting Knowledge of Postpartum Mothers About Baby Blues Based on Education at Desmawati Clinic in 2020

No	Education	Knowledge			Total
		Good	Enough	Not Enough	
1	SD	0	1	2	3
2	Junior High School	0	0	7	7
3	Senior High School	1	5	13	19
4	PT	4	2	0	6
	Total	5	8	22	35

Chi-Square Tests

	Value	df	asympt. Sig. (2-sided)
Pearson Chi-Square	21.575a	6	,001
Likelihood Ratio	22,940	6	,001
Linear-by-Linear Association	10,343	1	,001
N of Valid Cases	35		

* Chi - Square Test. 0.05 level of significance

Based on the table above, it can be seen that the results of the analysis in research using the Chi-Square Test show *asympt. Sig.* 0.001 < 0.05) So the conclusion is that H₀ is accepted which means there is no significant relationship between education and knowledge of postpartum mothers about baby blues.

Discussion

From the results of research on the Factors Affecting Knowledge of Postpartum Mothers About Baby Blues at the Desmawati Clinic in 2020, the results of the discussion are as follows:

Factors Affecting Knowledge of Postpartum Mothers About Baby Blues Based on Age at Desmawati Clinic in 2020

From the results of the research conducted, it can be seen that the knowledge of postpartum mothers about baby blues based on the age of the 35 respondents was at the age of 18-23 years (the majority had good and poor knowledge, the minority had sufficient knowledge), at

the ages 24-29 years (the majority had poor knowledge, the minority Good knowledge), at the age of > 29 years (Majority with poor knowledge, Minority with good knowledge). From the results of the analysis in research using the Chi-Square Test shows *asymp. Sig.* 0.152 < 0.05) So the conclusion is H₀ is accepted, which means there is no significant relationship between age and knowledge of postpartum mothers about baby blues at Desmawati Clinic in 2020.

This is in accordance with what was stated by Nugroho (2000), that the increasing age of a person, the more difficult it is to receive information and the older a person is, the less ability he has so that other sources of information are needed to increase knowledge such as education, experience and sources of information. According to the author's assumption, from the data obtained after conducting research, the knowledge of postpartum mothers about baby blues is still lacking and increasing age affects the knowledge of mothers getting better based on the experience of mothers giving birth and the information they receive about the role of new mothers.

Factors Affecting Knowledge of Postpartum Mothers About Baby Blues Based on Parity at Desmawati Clinic in 2020

From the results of the research conducted, it can be seen that the knowledge of postpartum mothers about baby blues is based on parity of 35 respondents in Primipara (Majority has poor knowledge, Minority has Good and Enough knowledge), in Scundipara (Majority has poor knowledge, Minority has sufficient knowledge), in Multipara (Majority has knowledge Less, Good Knowledge Minority), From the results of the analysis in research using the Chi-Square Test shows *asymp. Sig.* 0.192 < 0.05) So the conclusion is H₀ is accepted which means there is no significant relationship between parity and postpartum mothers' knowledge about baby blues at Desmawati Clinic in 2020.

According to Notoadmodjo (2002), said that a person's level of knowledge can be found or obtained from their own experience (for example their experience after giving birth), as well as from other people and when they become mothers for the first time many ask for advice from other people who are more experienced. According to the author's assumption from the results of the study that the results of the study are in accordance with the theory where the knowledge of postpartum mothers is getting better along with the mother's experiences during childbirth which are more frequent.

Factors Affecting Knowledge of Postpartum Mothers About Baby Blues Based on Education at Desmawati Clinic in 2020

From the results of the research conducted, it can be seen that the knowledge of postpartum mothers about baby blues from 35 respondents is that of postpartum mothers with elementary education (the majority have poor knowledge, the minority have good knowledge), the postpartum mothers have junior high school education (the majority have poor knowledge, the minority have good knowledge and Enough), for postpartum women with high school education (majority with poor knowledge, minority with good knowledge), for postpartum mothers with PT education (majority with good knowledge, minority with poor knowledge),

From the results of the analysis in research using the Chi-Square Test shows *asymp. Sig.* 0.001 < 0.05) So the conclusion is H₀ is accepted which means there is no significant relationship between education and postpartum mothers' knowledge about baby blues at Desmawati Clinic in 2020 According to Hidayat (2005) education is a guide for humans to act and fill their lives which can be used to obtain information so as to improve the quality of life. As in general, the higher a person's education, the easier it is to receive information. According to Hurlock, a person's level of education will determine mindset and insight. In addition, the level of education is also part of work experience. The more educated a person is, the expected knowledge and skills will also increase. Education has an important role in determining human quality where the higher the level of education, then human life will be more quality.

According to the author's assumption from the results of the study that according to theory, the higher the education level of postpartum mothers, the better understanding and knowledge about baby blues. From the results of the study it was found that postpartum mothers with higher education had better knowledge than postpartum mothers with elementary school education.

CONCLUSION

After conducting research on "Factors Influencing Knowledge of Postpartum Mothers About Baby Blues at Desmawati Clinic in 2020, the following conclusions can be drawn: From the results of research conducted from 35 respondents, it can be seen that there is no significant relationship between age and knowledge of postpartum mothers about baby blues at the Desmawati Clinic in 2020. From the results of research conducted from 35 respondents, it can be seen that there is no significant relationship between parity and knowledge of postpartum mothers about baby blues at the Desmawati Clinic in 2020. From the results of research conducted from 35 respondents, it can be seen that there is no significant relationship between education and knowledge of postpartum mothers about baby blues at the Desmawati Clinic in 2020.

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It is hoped that the clinics and existing health workers can provide counseling about baby blues more often in order to improve the quality and quality of midwifery service delivery. It is expected that respondents will increase their knowledge especially about baby blues by frequently asking midwives or health workers, reading books or magazines so that mothers can understand and understand the psychological needs of postpartum mothers in their new roles as parents or baby care. It is hoped that the results of this study can be used as information material and reading material or literature, especially for STIKes Mitra Husada Medan students and for students to be able to continue this research with different variables using a correlation approach to make it more useful.

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